



anti-suicidism

a zine

In the current environment [...] talking about your suicidal feelings runs the very real risk of finding yourself being judged, locked up and drugged. Suicidal people know this and [...] will do their best to prevent it happening to them. We hide our feelings from others, go underground. And the deadly cycle of silence, taboo and prejudice is reinforced. [...] There is a fundamental flaw at the core of contemporary thinking about suicide; which is the failure to understand suicidality as it is lived by those who experience it (Webb 2011: 5). 15

to whomever reads this,

I am accused of acting inauthentically because, 'There is no rational reason anyone should ever commit suicide.'

I am assumed to harbor no insight into my own situation, and cannot possibly hold the mental capacity to make my own decisions

This creates an environment of disempowerment and alienation in which I am to forced to be held accountable for the abuse others are doing to me.

And if I don't abide, systems of power like hospitals and the police are

leveraged against me for the purposes of persuasion or enforcement.

These attitudes can become internalized such that I treat myself as badly as others have treated me. I learn to mistrust myself and treat my own disempowerment as acceptable, as normal.

This is the desired outcome of current suicide prevention. They have no interest in letting me decide for myself whether I would like to live or die.

The choice has been made and it is life.



A soldier is to be executed to cover up for corrupt superiors. He's ill and about to die of injury.



On the day of the firing, he can't stand on his own and so is propped up on a stretcher.



On request of his superior, he is to be slapped awake so as to be conscious upon his execution.



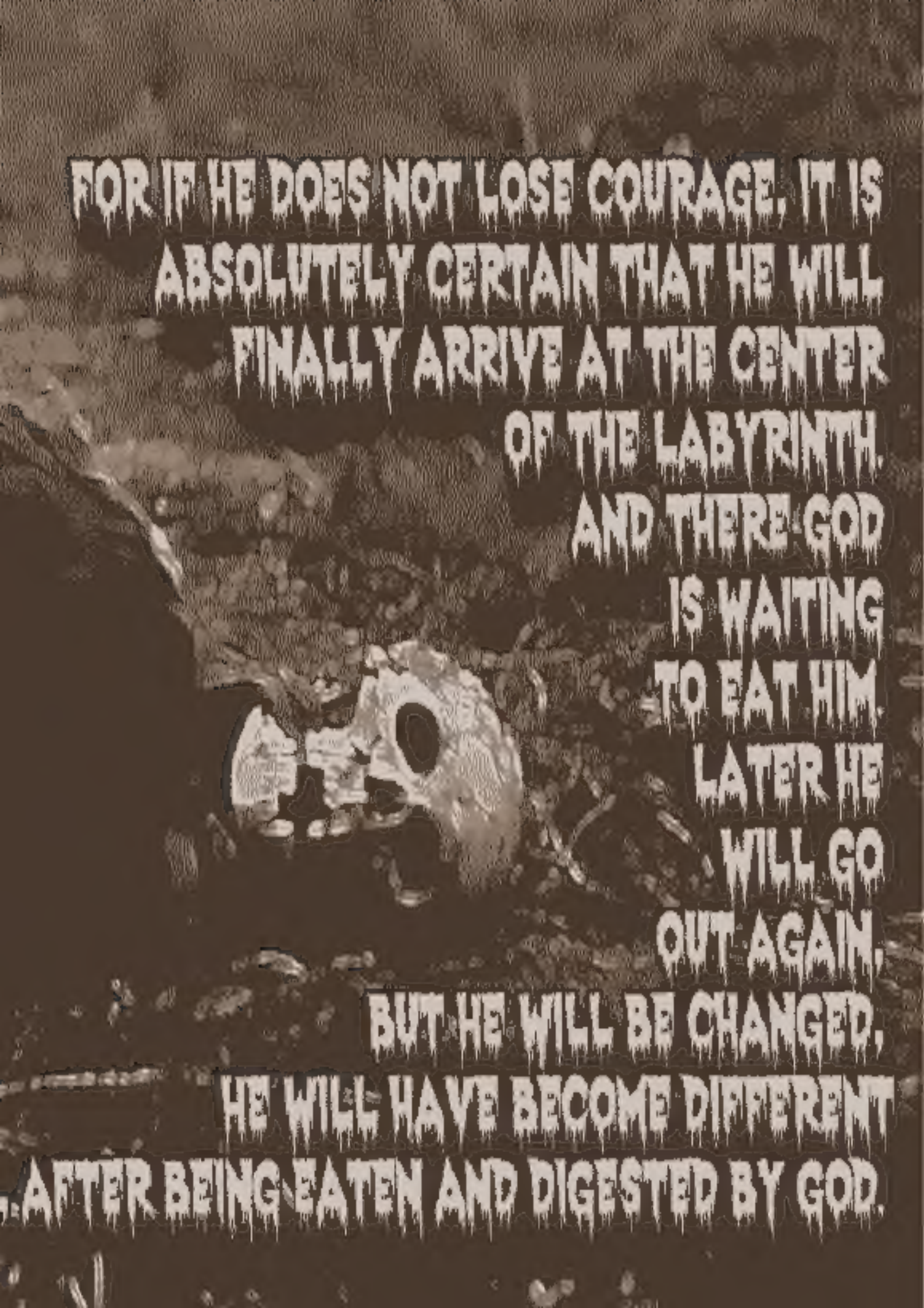
Along with two others, he's shot dead.

**UNDER CAPITALISM, WE ARE GIVEN
TWO OPTIONS: WORK OR STARVE.
WHEN WE SAY WE WOULD RATHER
STARVE THAN WORK, PEOPLE GET
REALLY MAD. PRESUMABLY BECAUSE
THEY NEVER REALIZED SAYING 'NO'
TO CAPITALISM WAS AN OPTION.**





We experience many deaths throughout our lives. These are moments of change so abrupt and violent that we experience the world and ourselves as dead, as no longer.

The background is a dark, grainy, and textured surface, possibly representing a cave or a labyrinth. In the lower-left quadrant, there is a white, stylized skull with large, dark eye sockets and a jagged, open mouth. The skull appears to be part of the overall scene, perhaps representing the 'god' mentioned in the text.

FOR IF HE DOES NOT LOSE COURAGE, IT IS
ABSOLUTELY CERTAIN THAT HE WILL
FINALLY ARRIVE AT THE CENTER
OF THE LABYRINTH.

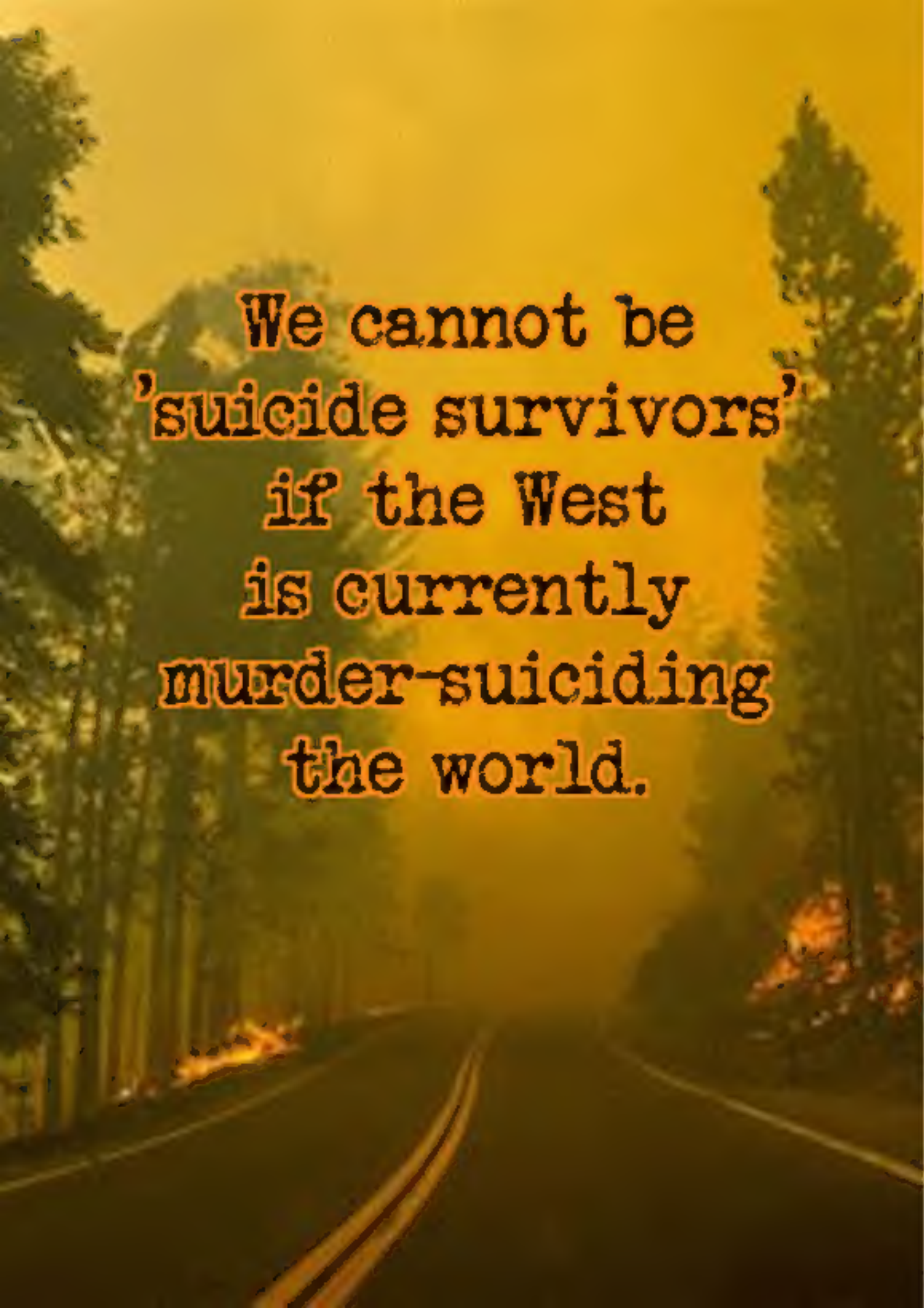
AND THERE GOD
IS WAITING
TO EAT HIM.

LATER HE
WILL GO
OUT AGAIN.

BUT HE WILL BE CHANGED.

HE WILL HAVE BECOME DIFFERENT

AFTER BEING EATEN AND DIGESTED BY GOD.

A photograph of a two-lane road winding through a forest. The scene is heavily fogged or smoky, with a yellowish-orange tint. In the distance, a fire is visible, casting a glow on the surrounding trees and the road. The text is overlaid in the center of the image.

We cannot be
'suicide survivors'
if the West
is currently
murder-suiciding
the world.

**Martinizing
makes
complete
sense to me**

**the high
is ready
to die for**

**IF SOCIETY
DENIES YOU
THE RIGHT TO DIE**



**YOU MUST
TAKE IT!!!!**



IF MARGINALIZED
GROUPS ARE DRIVEN TO

SUICIDE

THEN SILENCING THE
VOICE OF SUICIDAL
PEOPLE ONLY FURTHERS

THEIR
MARGINALIZATION

Balloons, naturally skybound,
deflate while tied down

to hold one in hand
and never let go

as its body weakens,
its death will be slow

loosen one's grasp,
let it dance on the wind,
fly towards the sun
with like-minded kin

**There are those who feel dysphoric
about the bodies they were born with.**

The body of a man. The body of a woman.

The body of a human.



**And then there are those of us who feel
dysphoric about bodies themselves,
who rebel against corporeality itself.**

MR. INCREDIBLE SUED

SUPER HEROICS SPURN
COURTROOM BATTLE

In a stunning turn of events, a Superhero is being sued for saving someone who apparently didn't want to be saved. The Plaintiff Oliver Sansweet, who was injured in his attempted suicide by Mr. Incredible, has filed suit against the famed Superhero in Superior Court.

Sansweet's lawyer in a statement for his client, stated, "Mr. Sansweet didn't ask to be saved, Mr. Sansweet didn't want to be saved. And the injury from Mr. Incredible's action so-called causes him daily pain."

Uncharacteristically, Mr. Incredible pointed a threatening finger at Sansweet barking "I saved your life!" To which Sansweet responded, "No, you didn't. You ruined my death. That's what you did."

After which, the famous Super was escorted out of the building by his attorney. Story continued on page 7.



to really be an advocate for suicidal folk you have to confront your own assumptions that as the non-suicidal person you know best, really place yourself in the position of the suicidal individual for whom you're advocating and really ask yourself is this what they would want me to do

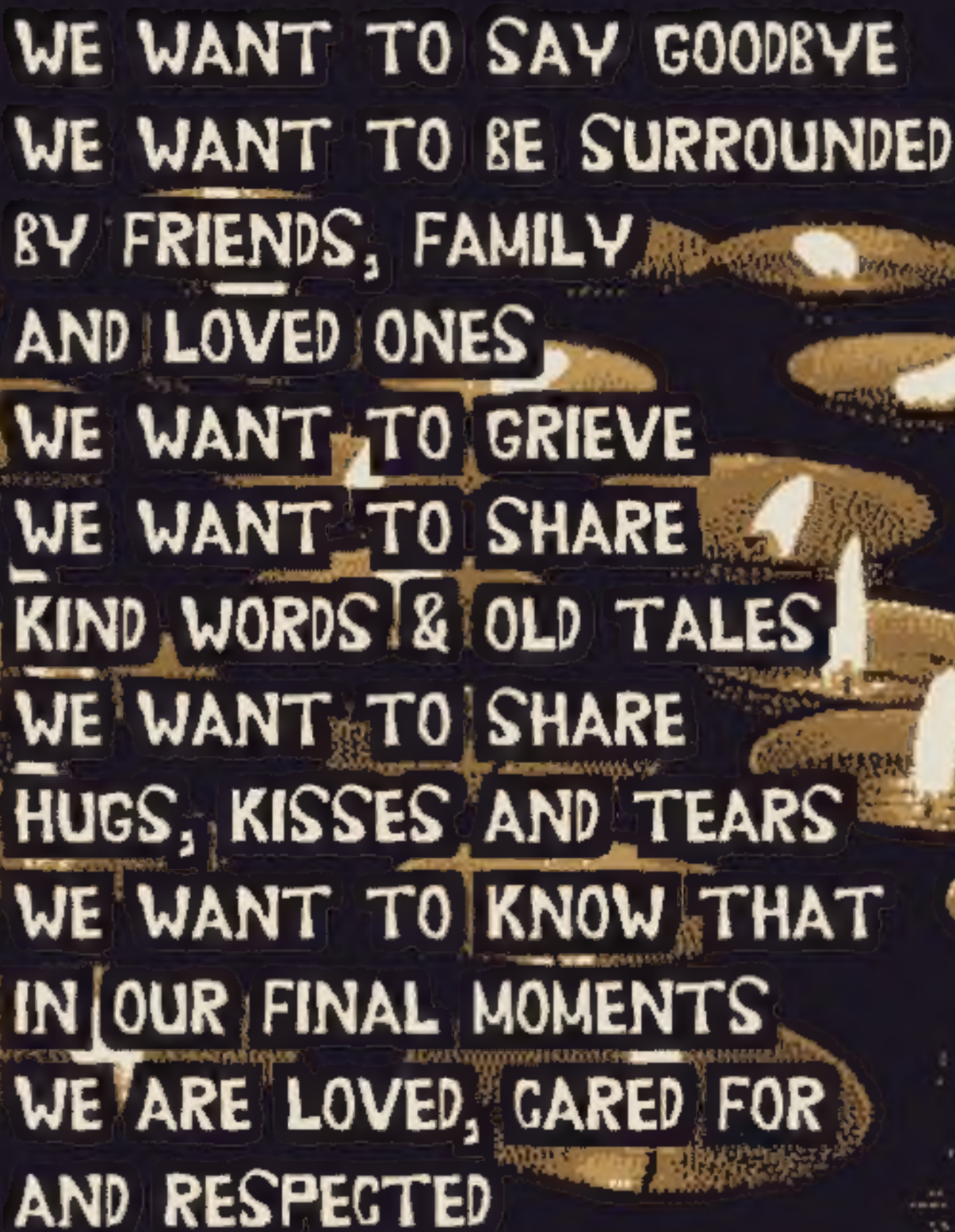


People have said,
"Don't talk
about suicide"
to other people for
years and years
and all it has ever
meant is, "I'm too
uncomfortable
when you show your
suicidal ideation.
Don't do it."
I'd rather
have them say,
"Go ahead and
talk, I'm here to
be with you."

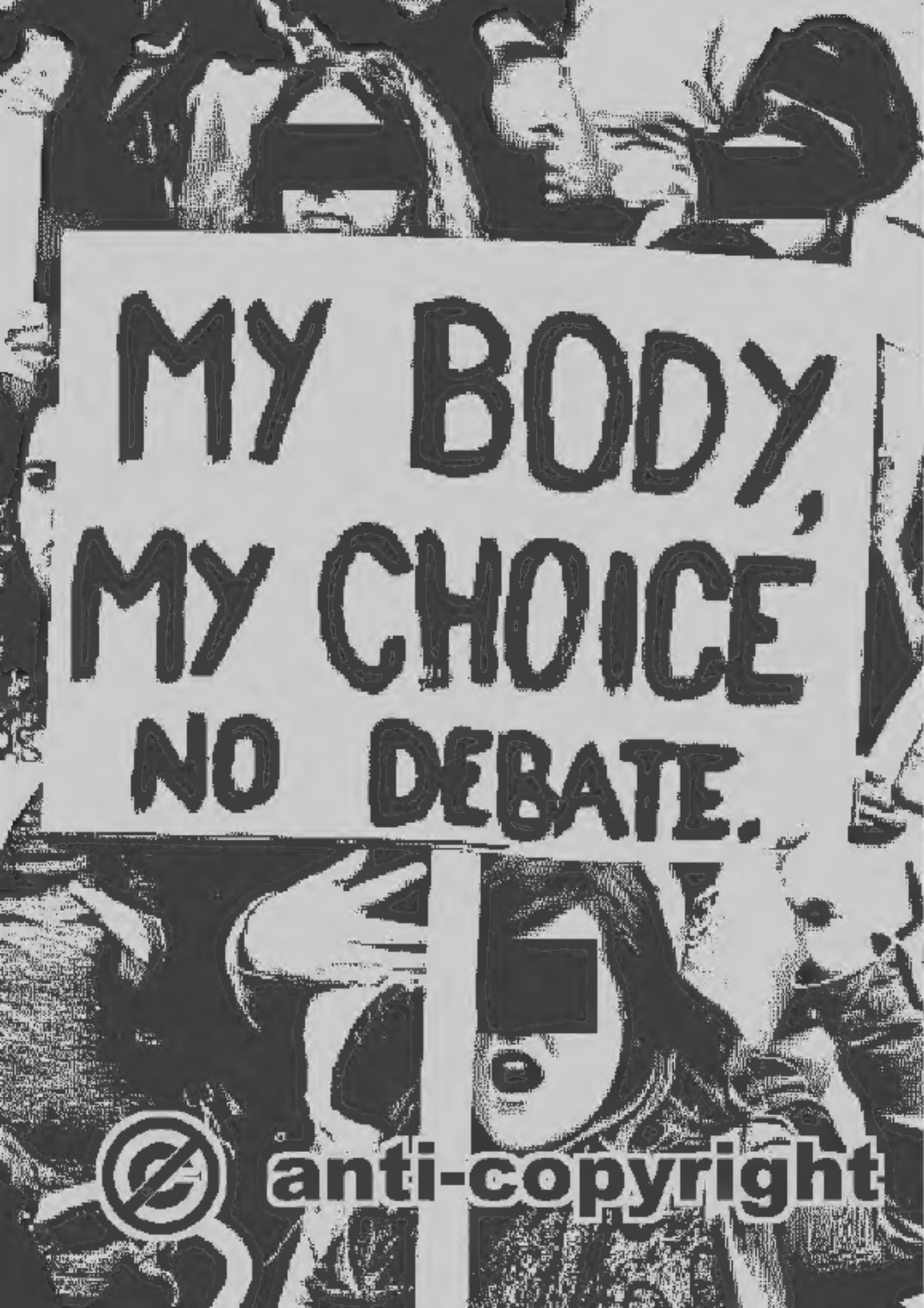
11 years ago I cut
myself to numb my pain



now i cut myself to
bring me joy

A row of lit candles in the background, with their flames glowing and casting a warm light. The candles are of various heights and are placed on a dark surface.

WE WANT TO SAY GOODBYE
WE WANT TO BE SURROUNDED
BY FRIENDS, FAMILY
AND LOVED ONES
WE WANT TO GRIEVE
WE WANT TO SHARE
KIND WORDS & OLD TALES
WE WANT TO SHARE
HUGS, KISSES AND TEARS
WE WANT TO KNOW THAT
IN OUR FINAL MOMENTS
WE ARE LOVED, CARED FOR
AND RESPECTED



MY BODY,
MY CHOICE
NO DEBATE.



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